

What is Abstinence?

By Stephanie Loeb, Executive Director

What is abstinence? Why is abstinence important? Why is this question key to recovery? The reason, which no one needs to actually "define," is because the failure to embrace abstinence will take a person right back to active addiction. Cross-addiction or going back to one's drug of choice are the risks, and these are the risks that individuals with the Disease of Addiction take... when not abstinent.

Many of us who have begun the road to recovery felt in the beginning that we were learning a new language. Words like "Powerless," "Insanity," and "Serenity" needed further study. Common recovery phrases like "One Day at a Time," "Let Go And Let God," or "Easy Does It" were virtually foreign concepts, just everyday clichés to the newly recovering addict. With the help of fellowship and sponsorship, we have gained a personal, evolving understanding of what these valuable phrases mean.

As recovery progressed, we were faced with even more challenges, more questions. What is Sobriety? How is my "Higher Power" defined and what is my relationship to that "Higher Power?" How does one "Work the Steps?" Well, thank goodness for sponsorship. That relationship is key to long-term recovery.

As the text states, one can never underestimate the therapeutic benefit of an addict helping another. For many, that first sponsor is the first time that an individual experiences health in a relationship. Much is to be gained from sponsorship, but that is another article in itself.

"Clean and Sober," now there is concept. So, exactly, what is this abstinence thing? What if you are on prescribed medicines? What happens when I catch a cold? What if I need surgery? Isn't caffeine a drug? How about cigarettes? What if I'm just an alcoholic? What if

I'm a narcotic's addict, and alcohol is not MY problem? These are extremely important questions, which need immediate attention.

Those lucky enough to be able to access quality treatment get many of those answers directly from the professionals that are treating them while in a structured treatment program. Moreover, those who surrender and work effectively with a quality sponsor get to the point where these important questions are asked, studied, answered, and evolve over time.

Why is abstinence important? Why is this question key to recovery? The

Like recovery, abstinence is not a stagnant process. It does not refer only to one's drug of choice. In the beginning, it refers to all mood and mind-altering substances. As the months of early recovery move along, we discover how cunning, baffling and powerful our disease truly is.

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There are many gifts to abstinence. With abstinence, there is no need to make-up stories to cover using. There is the experience of the new freedom from active addiction, a sense of well-being

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From left: Dr. Melissa Lee Warner, Medical Director, and Kelly D., Farley Center Alumna.

Nicotine Sobriety Groups A Priority

There has never been a time in the field of medicine when we have had so much clinical information and resources to successfully treat Nicotine Dependence. At Williamsburg Place and The William J. Farley Center, we have embraced these advances and have expanded our services to offer proactive nicotine sobriety support groups to patients seeking to address and overcome Nicotine Dependence.

"Providing nicotine sobriety services is a great passion of mine, and this interest is not only related to the many advances

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MARK YOUR CALENDARS!!!

Fall 2008 Alumni Weekend

October 17 - 19, 2008

**Guest Speaker: William Fals-Stewart
Presenting: Relationships & Recovery**

**Williamsburg Place &
The William J. Farley Center**

See Insert in the Newsletter!

SUMMER 2008

Friends of Farley

At Williamsburg Place & The Farley Center, we believe in the value of our alumni staying connected... *Friends of Farley Chapter Groups* have scheduled the following events:

Baltimore Area Chapter Meeting

Wednesday, August 20, 2008
Cafe Bretton,
Severna Park, Maryland

Roanoke Area Chapter Meeting:

Wednesday, September 17, 2008
Roanoker Restaurant
Roanoke, Virginia

If you are interested in attending and/or being a part of a *Friends of Farley Chapter Group* in your area, please call (877) 389-4968 or e-mail us at marketing@farleycenter.com.

You are also invited to join the Friends of Farley Facebook at:
<http://apps.facebook.com/treatment>

Diamond News



Christopher M. Carney As a leader in the chemical dependency field, Williamsburg Place and The William J. Farley Center prioritizes the responsibility to develop, advance and advocate for quality addiction treatment services in communities across the country. Diamond Healthcare Corporation also shares in this goal and is working jointly with the Center to strengthen development, marketing, and outreach efforts in 2008 and beyond.

"As Diamond expands its presence nationally, we are experiencing growing needs from our client hospitals to assist them in meeting the addiction treatment needs in their communities. These needs are evident in emergency departments and the nursing units of acute care hospitals," according to Christopher Carney, CAO, Diamond Healthcare Corporation.

Carney also notes that the opportunity for Diamond and the Center to work even more closely together is very compelling. "I'm personally enthused about bringing the message and resources of Diamond and Williamsburg Place and The Farley Center to those in need," said Carney. 🍷

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Pictured clockwise: Brian Fingerson, Kentucky Pharmacy Program, and Elizabeth Holt, Dave Allen and Eric Hardison, Williamsburg Place & The Farley Center.

Quality patient care goes beyond service excellence, as it also includes collaborative relationships with healthcare providers, licensing boards, employers, and diverse support services.

Nicotine Sobriety Groups

(Continued from front cover)

in medicine, but is a deeper passion that goes way back," said Melissa Lee Warner, Medical Director. "For decades I have watched the 'old-timers' in AA, sober for years and years, debilitated and dying from their Nicotine Dependence. Some of my passion also comes from the tragedy of patients who come to treatment abstinent, then begin to, or return to nicotine use."

This is why Williamsburg Place and The Farley Center prioritizes the development, advancement and provision of progressive nicotine sobriety support groups. The residential treatment setting provides our patients with an opportune time to address nicotine sobriety because the patient benefits from comprehensive addiction treatment, medical expertise and ongoing support from the treatment team and fellow patients.

"There is great promise in addiction treatment and nicotine sobriety, and this is supported by the Center's multifactorial treatment services which are individualized for each patient's clinical picture," Warner noted. "Our holistic comprehensive approach to addiction medicine and treatment is especially valuable as research has proven that part of what is so attractive about nicotine is the fact that it has both relaxation (anti-anxiety) and stimulation effects."

At Williamsburg Place and The Farley Center, a vital part of supporting nico-

WP/TFC Welcomes Site Visits & Tours

Spring/Summer 2008

We wish to thank the following individuals for visiting Williamsburg Place & The Farley Center... It was our pleasure!

- James Berry, MD, Andrea Clemmer, and Charles Rolly Sullivan, MD, Chestnut Ridge Center, West Virginia
- Kevin Dixon, KD Consulting, Florida
- Paul Hamblin, Addiction Intervention Resources (AIR), Minnesota
- Dan Hogue, Hanley Center, Florida
- Brian Fingerson, Kentucky Pharmacy Program, Kentucky
- Reinhard Straub, Counseling and Treatment Services, Connecticut 🍷

If you are interested in a site visit, please call Gina Thorne at (877) 389-4968.

tine sobriety is helping patients develop healthy skills for treating anxiety, stress and depression that will benefit their long-term sobriety and overall wellness. "As

What Our Patients' Say

- "Offering a nicotine sobriety group while in treatment makes sense, it's the best place to become a non-smoker."
- "If I can quit nicotine, then I consider myself in sobriety."
- "Quitting nicotine while on other drugs was an overwhelming thought, now that I'm in the nicotine sobriety group, I know I can do it."

we move ahead, we will continue to offer high quality treatment to our patients, as well as the greatest possible overall health benefits," said Warner. 🍷

WELCOME!

We wish to welcome the following new employees of Williamsburg Place & The William J. Farley Center:

- Marcus Carter, Cook
- Tassie Clanton, Unit Counselor
- Eric Hardison, Farley Therapist
- James Jackson, Admissions Assistant
- Gordon Ness, Community Manager
- Virginia Parr, Primary Therapist
- Eleanor Woollard, Farley Therapist 🍷

The Farley Center at Williamsburg Place
&
The Hanley Center
Present:

The Changing Face of Older Adult Addiction: From Lawrence Welk to Jerry Garcia

Please Join Us:

Friday, September 26, 2008

9:00 am - 12:00 pm

**The Farley Center
at Williamsburg Place
Gratitude Hall**

Guest Speaker:

Carol Colleran, CAP, ICADC

To register online visit:

www.farleycenter.com

For more information,

call Gina Thorne at (877) 389-4968.

CEUs Available

Abstinence

(Continued from front cover)

which leads to one's self-esteem being restored from each day "not using."

Also, abstinence is an important factor in establishing lost trust and a way that significant relationships have a chance to recover. These gifts most often result in a new happiness, which is a part of the First Promise of Recovery.

Like recovery, abstinence is not a stagnant process. It does not refer only to one's drug of choice. In the beginning, it refers to all mood and mind-altering substances. As the months of early recovery move along, we discover how cunning, baffling and powerful our disease is. We recognize the triggers that cause us to crave and/or remind us of our powerlessness. It is overwhelming at times.

Yet, as we work this program called Recovery, we find ourselves wanting to be better, to do better and to begin to live our lives based upon spiritual principles. We learn more about this Disease of Addiction and the importance of not putting our addicted brain under the influence of any mood or mind-altering substance. It is my sincere hope that each person reading this has done some thinking, and will continue or restart their work around defining and practicing abstinence in their lives. 🌱

Alumni Advisory Board Launched

The new Alumni Advisory Board of Williamsburg Place and The William J. Farley Center was launched in April 2008, and is off to an exciting start! The Alumni Advisory Board is currently comprised of fourteen highly-committed alumni volunteers, representing many regions across the country, literally, from sea-to-shining sea.

During the months ahead, the Alumni Advisory Board will begin to guide, support and lead the whole of alumni relations, to take ownership of the Center's alumni community. Initial priorities include creating, planning and developing:

- Regional Alumni Groups;
- Alumni Mentorship; and the
- Alumni Renewal Program. 🌱



From left-to-right: David Nelson, Alumni Advisory Board Member, Dr. Melissa Lee Warner, Medical Director, and Dr. Omar S. Manejwala, Associate Medical Director.

Together, as an integrated force, we support the journey of hope, faith and recovery.

WP/TFC Alumni: Are You Interested in Becoming a Mentor?

If you are interested in becoming a mentor to one of our patients or a recent graduate, and continue to follow the traditions of Williamsburg Place & The William J. Farley Center, please contact Gina Thorne, at (877) 389-4968, for more information.



**Stephanie Loeb,
Executive Director**

Addiction & Nicotine

A Personal Story of Abstinence

I would like to share with you my personal story. Like many addicts I went into treatment smoking cigarettes. Back then, there was little talk or encouragement to stop smoking. In fact, I can remember some pretty important moments on the back patio of the treatment center having a cigarette with my counselor(s). Yep, we were havin' a smoke together. I had no desire to stop smoking. I would say things like "I know its bad for me..." "I'll quit tomorrow..."

A few years later I was diagnosed with breast cancer. There was no denying that my lifestyle had to change. I thought I had smoked my last cigarette standing in front of the hospital the day of my surgery. Now, I would like to be able to tell you that cancer was enough to get out from under the influence of the most powerful substance that I was addicted to, but it wasn't.

About three-to-four years later I found myself in relapse around nicotine. It was worse then the "junk," and the alcohol I was addicted to earlier. I knew better. I was awake and aware. I hid my use, I denied smoking, and I even lied to my family and claimed myself as a non-smoker. Thank God for sponsorship and the Steps. After a few short months of active nicotine addiction, I was able once again to be abstinent.

Nicotine is a dangerous, terrible drug. It lacks short-term consequences. It is incredibly powerful. What other drug do you ingest, inhale, inject 20+ times in less than 10-12 minutes? None. Fortunately, this is not the end of my story. I'm no longer dependent upon nicotine in my recovery. With this change, abstinence has been taken to a new level of recovery.

Please consider quitting, it will require asking for help, and accepting help. It is worth the struggle, the effort and you are worth it. You deserve all the gifts of abstinence and recovery, as together we trek this road to a happy destiny. 🌱

The Advocate

The Advocate is published for the alumni and associates of Williamsburg Place & The William J. Farley Center. This newsletter promotes sharing knowledge, support and ideas. We welcome your comments and ideas for future newsletters. Contact the Marketing Department, at (877) 389-4968. Send correspondence to:

Williamsburg Place

&

The William J. Farley Center

5477 Mooretown Road
Williamsburg, VA 23188

Management Team

Stephanie Loebis, B.S.N.

Executive Director

Melissa Lee Warner, M.D.

Medical Director

Omar S. Manejwala, M.D.

Associate Medical Director

Penelope P. Ziegler, M.D.

Medical Director- Emeritus

Elizabeth Holt, M.S., L.P.C.

Clinical Director

Joanne Kwandt, Ed.D.

Director of Nursing

Gina de Peralta Thorne, M.S., C.H.E.S.

Marketing Director

Websites

www.williamsburgplace.com

www.farleycenter.com

The material in *The Advocate* is not intended for diagnosing or treatment purposes. The articles and comments offer information only. Consult your physician for medical advice.

Villages of Williamsburg Place

April 25, 2008 ~ A Day to Remember

The Dedication Ceremony celebrating the opening of the Villages at Williamsburg Place is truly a day to remember... a beginning of a new era!



From left-to-right: Stephanie Loebis, Executive Director, Kelly Farley, Daughter of William J. Farley, and George K. White, President, Diamond Healthcare Corporation.

On a beautiful Spring day, members of the Diamond family and the community at-large joined us in dedicating the new 52-bed residential complex, providing patients in our extended care program with accommodations a short walk from the treatment facility.

"People arrive here at the end of the line, with no hope. But, in this very same place, people come alive again and become family members again," shared Omar S. Manejwala, M.D. Associate Medical Director. "What the Villages have created is a community, a sense of belonging and a haven of peace." 🌸

WP/TFC Website Updates: Please check our website for new service information, recent postings, treatment communications, and website advancements, such as:

- New WP/TFC Treatment Video
- Special Event Announcements

www.williamsburgplace.com

- *The Advocate* E-News Sign-Up
- User-Friendly Treatment Blog

www.farleycenter.com

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Fall 2008 Alumni Weekend
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